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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Pep It Up" ... Information from the Office of Foreign Agricultural Relations, U. S. Department of Agriculture

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Don't let your search for black pepper get you down.

Columbus was looking for it too...among other things...and he couldn't find it either.

Your prospects for getting much more black pepper---in the immediate future---are slight. The U. S. Department of Agriculture says no supplies of pepper have been officially reported from the Netherlands East Indies. And that's a sad note...for before the war...the Netherlands East Indies furnished 95 percent of the world supply.

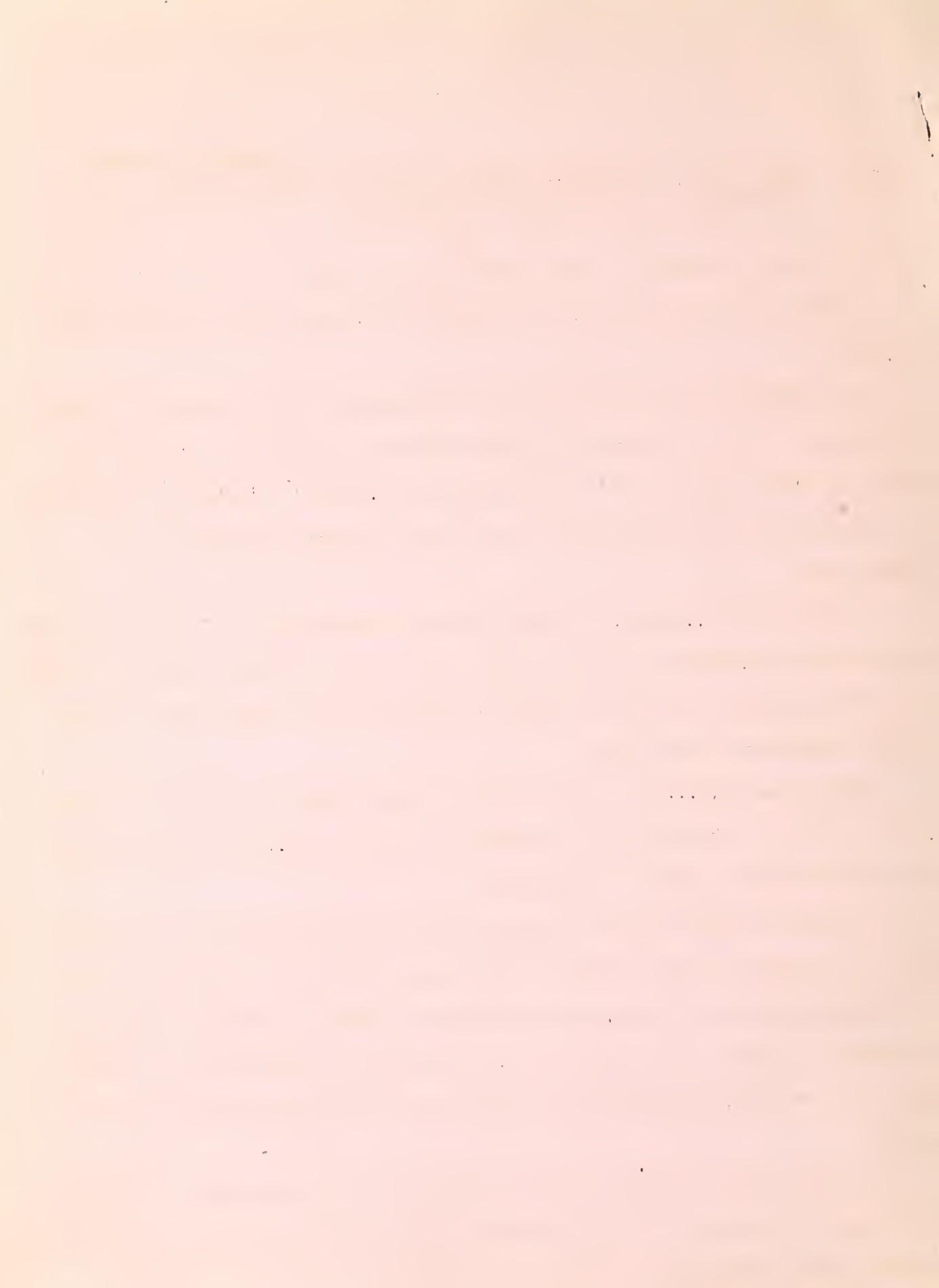
During the past summer...the United States imported almost 2 million pounds of black pepper from India. That sounds like a lot. But not when you compare it with the annual average of 60 million pounds of black and white pepper that the United States imported in pre-war years.

There are...fortunately...other kinds of pepper right here in our own hemisphere. They are not the kinds you sprinkle on eggs and potatoes...but they will add their own type of spice to your menu.

Probably no other cultivated food plant comes in so many forms as the pepper. There are peppers of every imaginable shape...size and degree of pungency. Some are round...some are flat like beans...others are conical in the shape of carrots or pears. The pepper may be dark red, scarlet, yellow or almost white. In size...they vary from big ones...shaped like bullnoses...to tiny berries about the size of a pea.

The most notable of these -- in our country--is the green pepper. These are a good source of vitamin C---and as they ripen they increase in carotene content and become rich in vitamin A.

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Green peppers can pep up your diet all right. Serve them fried, minced, mixed with raw salads, or stuffed with meat and baked.

And don't forget Tobasco sauce--that's made from the hottest Mexican devil peppers..and has become world famous.

Cayenne pepper is another American product which can add zest to many dishes.

So cheer up if you don't have any more luck than Columbus did in finding the old pepper standby. We do have some kinds of pepper right in our own hemisphere... and we'll have to get along with these until pepper supplies from the Netherlands East Indies and India...start rolling in again.

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